

the newham mag

ISSUE 133

17 November 2007



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spectacular



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Lest
we
forget

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Stadium plans unveiled**



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the newham mag



Welcome to issue 133 of the Newham Mag. In this magazine you can go behind the scenes at the Brick Lane Music Hall (which isn't in Brick Lane!) and see photographs from the free fireworks event and Remembrance Day.

You can also read about how Newham resident Eileen Beadle has set up a support group for those suffering from asbestos-related cancer following her husband's death. I hope you enjoy the issue.

Jen

On the cover:
Olympic Stadium
plans revealed.



EDITOR: Jen Bishop 020 8430 4533

ASSISTANT EDITOR: Ruth Elliott

REPORTERS: Jo Mackie, Marie Keating

DESIGN: Adam Renvoize, Khansa Ahmed

STAFF PHOTOGRAPHER: Andrew Baker

Additional photography: Steve Phillips

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Look out for the next issue from December 1

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IN BRIEF //

Civic Awards are back

Look out for details of how to nominate Newham residents in the annual Civic Awards in the next issue of the Newham Mag, out from 1 December.

Dangerous roadworks lead to fine

A utility company has been fined for road works that caused severe traffic chaos.

Newham Council took Thames Water Utilities Limited to court after the company did not use road signs and failed to implement adequate traffic control measures when carrying out repair work in High Street South, East Ham at the junction of Charlemont Road.

Appearing at Stratford Magistrates Court on 29 October, Thames Water pleaded guilty to breaching the Safety Code of Practice under Section 65 of the New Roads and Street Works Act 1991. The company was fined £400 plus £562.74 costs.

ExCeL voted best venue in London

According to the latest visitor research, conducted by Vivid Interface, ExCeL London was described as the best venue, with the majority of visitors saying they preferred ExCeL London, when comparing it to the likes of the Birmingham NEC, Earls Court, Wembley and Olympia.

Moreover, 79 per cent of visitors described the level of service at ExCeL London as good or excellent, when rating facilities such as catering, on site services, parking and general facilities.

When rating their enjoyment of the events held at ExCeL London, 80 per cent of visitors said they had a good day out, describing it as good or excellent.



Prime Minister drops in to new children's centre

Tollgate Primary School in Barclay Road, Plaistow received a surprise visit from Prime Minister Gordon Brown and three Government ministers this month.

Mr Brown met pupils and staff before being shown around the new children's centre that provides early learning facilities for pre-school children and services to parents.

Also attending were Children's Minister Beverley Hughes, Minister for Women Harriet Harman and Employment Minister Pat McFadden.

Headteacher Tom Canning gave the VIPs a tour of the centre, accompanied by Newham's executive member for children and young people Councillor Quintin Peppiatt and West Ham MP Lyn Brown.

The Prime Minister chatted with children and their parents about how the centre provides them with the opportunity to return to work or training.

Mr Canning said: "It was an honour to be visited by the Prime Minister and the ministers, and a pleasure to show them around our new children's centre."



Gordon Brown meets children at Tollgate

World AIDS Day events

World AIDS Day (Saturday 1 December) is fast approaching.

An estimated 38.6 million people are living with HIV around the world and the vast majority are unaware that they are infected. In the UK in 2006, around 63,000 people were living with HIV.

A number of events are planned throughout Newham in the week commencing 26 November, including art exhibitions, theatre pieces, information stalls, drop-ins, workshops and information sessions.

There'll be a poster exhibition at Stratford Station throughout the week. Schools will be focussing on the theme of AIDS in their assemblies and there'll be dance performances at Stratford Circus.

For more information on World AIDS Day events and activities in Newham, contact Sarah Pulle on 020 8430 5202 or email sarah.pulle@newham.gov.uk, or Michael Bath on 020 8430 4000 or email michael.bath@newham.gov.uk



News

Clamping down on unlicensed skips

A blitz on abandoned, unlicensed skips spilling over with rubbish has led to the removal of a number of eyesores.

Newham Council is taking action following complaints from residents about skips that have been delivered but never collected by their owners.

Officers begin by tracking down the skip owners but find many of them do not display their company name. Legally, all skip companies must clearly mark each container with the company name and telephone number. Thorough attempts are always made to track down the offending companies but if this fails the skips are removed and confiscated.

In recent weeks, seven skips have been removed from areas including Beckton, Forest Gate, Stratford, East Ham and Manor Park. Further skips removal operations are planned.

Mayor of Newham Sir Robin Wales said: "I would urge residents to check if their skip company holds a registered licence with the council – any that don't are operating illegally and risk prosecution."

Anyone with information about unscrupulous rogue skip companies, or reports about abandoned skips can call the council's anti-social behaviour hotline on 0800 731 3300 free and in confidence.



Sir Robin watches as an illegal skip is towed away

>>> England loses world cup – again!

England lost in the Rugby World Cup final *again*, however this time it was to Namibia and played at East London Rugby Club in Memorial Park.

It was part of a drive by the council to encourage more young people to play rugby.

More than 200 boys and girls from 20 schools took part in a tag rugby competition last month.

England, represented by Hallsville School, were beaten in the final by Namibia, represented by William Bellamy School, Dagenham.

Newham's borough commander Detective Chief Superintendent Nick Bracken, presented the trophies.

Plans are now being drawn up for East London Rugby Club to deliver coaching sessions within schools and to hold a rugby camp in the next school holidays. If you would like to know more, contact Paul Belcher on 07900 291412 or email paul.belcher@newham.gov.uk



Newham Council wants more youngsters to discover rugby

NEWS // IN PICTURES

Spot the Kingfisher! This tiny bird takes a rest in Stratford.



NEWS // IN PICTURES

1 Prime Minister Gordon Brown meets a youngster at Tollgate Primary. **2** A young resident enjoys the fireworks. **3 and 4** Children at Selwyn Primary School made their own mini Green Street.





Mayor's diary

with Sir Robin Wales



Discover Children's Forum interview in the Mayor's Office

I was put through my paces recently by the Discover Children's Forum - a group of young people from Discover in Stratford, who visited me at the Town Hall to quiz me about my life as Mayor and the 2012 Olympic and Paralympic Games. The questions were topical and well thought out and it was good to get the opportunity to let the younger generations know how the Games will benefit them and their families.

First Youth Council meeting – to be held at the Town Hall on 23 November

On 23 November the first Youth Council, led by Newham's first Young Mayor Zuhayb Ahmed and Deputy Mayor Hamid Sheikh, will take place at the Council Chamber. It's really exciting as this group of young people will take the lead in developing better services for young people and engaging them in decision-making. We all want to make Newham an even better place for young people to live and the Newham Youth Council, together with the council, are going to make this a reality.



Young Mayor Zuhayb Ahmed



Fire in the sky! – Fireworks night, Wanstead Flats

More than 23,000 people watched the skies light up over Wanstead Flats during our annual free fireworks display. It was great to see so many of you brave the cold to watch the spectacular event which was accompanied by a variety of music that I hope catered to everyone's tastes! I hope to see you all next year.



Newham Fit Club
Getting Newham more active

Shed the pounds
over 12 weeks
for just £10!

Have your cake and eat it with Newham Weight Matters

Newham Council has teamed up with Slimming World and The Dieting Coach to provide residents with the choice of two unique pathways to weight management.



discover the amazing you

Slimming on Referral provides members with an option for losing weight without ever having to go hungry. It encourages you to eat lots of normal, everyday foods that satisfy your appetite without having to buy special diet foods, enabling you to develop 'choice power' rather than having to deprive yourself by exercising willpower.

You'll learn to understand the reasons why you may be overweight as well as how to eat more healthily.

the **dietingcoach**

The Dieting Coach takes a psychological approach and invites clients to address their reasons for overeating.

You get in tune with your true hunger responses so that you know when to eat, what to eat and how much to eat at a time that is right for you. This pathway increases motivation to exercise, combats stress and there are no forbidden foods.

You will learn how to free yourself from the misery of counting calories and habitual dieting and weighing yourself.

The programme is open to all adults over 18 who reside in Newham.

For further information on joining the programme please contact Newham Fit Club on 020 8430 6628 or speak to your doctor.

www.newham.gov.uk/services/HealthAndActivity

Newham **NHS**
Primary Care Trust



Firework spectacular

Thousands of people wrapped up warm for a night of fireworks, fairground rides and fun at Newham Council's annual free fireworks celebration on Saturday 3 November.

More than 23,000 people watched from Wanstead Flats, while thousands of others watched from the surrounding open spaces. The 20-minute colourful spectacular was set to a variety of music

from pop to Asian and classical and wowed people of all ages with some huge bangs and sparkles.

The council's effort to encourage recycling was also given a boost with people flocking to the Big Green Bus to collect information on recycling and special glow in the dark stickers. Residents were encouraged to come to the event on public transport to reduce their carbon footprint.

Mayor of Newham Sir Robin Wales, who attended the event, said: "Newham's free annual fireworks display is always very popular because it is a safe and spectacular occasion that everyone can enjoy and be proud of. This year's event was simply breathtaking."

The display took place with the co-operation of the Corporation of London, the conservators of Epping Forest.





A Warm Welcome

Now open! The council's popular Warm Centres scheme has started again for the winter and all over-50s are welcome. Don't be home alone this winter. Join friends, keep active and have loads of fun at Newham Warm Centres.

THE VENUES

Ascension Centre, Baxter Road, Custom House E16 2PB, Tuesdays and Thursdays, 10am to 3.30pm

Beckton Community Centre, 14 East Ham Manor Way, Beckton E6 5NG, Mondays, Thursdays and Fridays, 10am to 4pm

Chatsworth Community Resource Centre, 4 Chatsworth Road, Stratford E15 1RE, Monday to Friday, 10am to 4pm

Field Community Centre, 147 Station Road, Forest Gate E7 0AE, Wednesdays only, 10am to 4pm

Hathaway Community Centre, Hathaway Crescent, Manor Park E12 6LR, Thursdays only, 11am to 3pm

Hibiscus Community Centre, Buckingham Road, Stratford E15 1SP, Tuesdays and Thursdays, 11am to 3.30pm

Jeyes Community Centre, James Close, Plaistow E13 9BB, Mondays only, 12noon to 4pm

Katherine Road Community Centre, 254 Katherine Road, Forest Gate E7 8PN, Tuesdays and Thursdays, 10am to 4pm

London Tamil Sangam, 369 High Street, Manor Park E12 6PG, Wednesdays, Thursdays and Fridays, 11am to 1pm

Malayalee Association of UK, 671 Romford Road, Manor Park E12 5AD, Thursdays, 10am to 4pm and Tuesdays (women only), 1-4pm

Newham African Caribbean Resources Centre, 627-633 Barking Road, Plaistow E13 9EZ, Wednesdays and Thursdays, 11am to 3pm

Sree Naryana Guru Mission, 16 Barking Road, East Ham E6 3BP, Mondays only, 10am to 1pm

St John's Community Centre, Albert Road, North Woolwich E16 2JB, Wednesdays only, 10.30am to 12.30pm

The Well Community Centre, 49 Vicarage Lane, East Ham E6 6DQ,

Tuesdays and Fridays, 9.30am to 3.30pm

Trinity Community Centre, Bothwell Close, Canning Town E16 1QS, Mondays, Wednesdays and Fridays, 9.30am to 2pm

Trinity community Centre, East Avenue, Manor Park E12 6SG, Wednesdays only, 11.30am to 3pm

Upton Centre, Claude Road, Plaistow E13 0QB, Wednesdays, Thursdays and Fridays, 11am to 4pm

Free entertainment!

New this year dancing, including tea dancing * Tai chi * Choir singing * Games, bingo, arts and crafts * Bowls taster sessions * Refreshments * Films * Sing-a-longs * Make new friends * Pensions and benefits advice * Health checks * Tips on healthy eating * Fuel advice * Book and magazines

The Warm Centres are available to Newham residents only. For further information call 020 8430 2486 or visit www.newham.gov.uk/winter



COMMUNITY FORUMS



Safer Together, Stronger Together

it's your borough
play your part

FREE
REFRESHMENTS

**Saturday 24
November**

2 – 5pm

Newham Sixth Form
College (NewVIC),
Prince Regent Lane,
Plaistow E13 8SG

We need your views to help make Newham safer.

Come to this Community Forum event and tell us what you think about crime and anti-social behaviour in your area.

Get tips about personal safety, meet your Safer Neighbourhoods Team and take part in a workshop on tackling street crime.

Plus for young people they'll be fun activities including T-shirt painting, a detective mystery, sports taster sessions, badge making, face painting and a bouncy castle.

* This event is in association with the Newham Crime and Disorder Reduction Partnership.

**SAFER
NEIGHBOURHOODS**
LOCAL POLICE, LOCAL KNOWLEDGE



BRING THIS ADVERT AND GET A FREE PERSONAL ALARM

* The number of personal safety alarms is limited. Come early to avoid disappointment

Keeping the music hall tradition alive has been a labour of love for Vincent Hayes, the director of the Brick Lane Music Hall. Thanks to his hard work and determination, a good old cockney knees-up can still be enjoyed in the country's only functioning music hall and, despite its confusing name, it's right here in Newham!

After being forced out of two London boroughs by climbing property prices, finding an affordable home for this unique theatre has been no easy task. The theatre first came to life in 1991, in the canteen of the old Truman Brewery in Brick Lane, E1. When Shoreditch rents rocketed, Vincent moved the music hall into a derelict Hackney button factory and its loyal audience followed, but by 2000,

that area had also become expensive and Vincent couldn't afford to stay.

It looked like curtains for the much-loved music hall, until Newham Council stepped in and offered Vincent St Mark's Church in Silvertown. Having invested so much in The Brick Lane Music Hall, Vincent was reluctant to change its name but he had few reservations about relocating to Newham in 2003. The move has proven to be third time lucky for Vincent, whose theatre is now a stone's throw from the impressive Thames Barrier Park.

"I am in the best borough in London as far as I'm concerned," says Vincent. "The area is changing dramatically and the council is looking at what people can put in and what will be here for the future.

Newham Council gave me this building and I give Newham my theatre!"

The converted church is decked with plush furnishings and lined with photographs of stars who have trodden the boards there, including Roy Hudd, John Inman, Danny La Rue and Barbara Windsor. It's the perfect place to enjoy an uplifting sing-along and some risqué comedy over a three-course meal or afternoon tea.

Music halls were popular in the 1850s among the British working-classes but The Brick Lane Music Hall attracts audiences from every ethnic and social background who are unified by one simple goal: to eat, drink and be merry!

"You'd be surprised by the different age groups and nationalities that know

The show must go on



“Song, music and laughter bring people together and anybody can participate, regardless of their knowledge of it”

the songs,” explains Vincent. “Song, music and laughter bring people together and anybody can participate, regardless of their knowledge of it.”

Vincent was five when he caught the showbiz bug after taking up dancing lessons. He cut his acting teeth with the RSC (Royal Shakespeare Company), then became a stand-up comic before finding his true

calling in music hall. “I feel at home with the audience,” says the 55 year old. “I love the atmosphere and the sense of anticipation, I’ve never wanted to do anything else.”

Luckily, his theatre keeps him busy doing what he loves best. The venue was also recently given a wedding licence so people can get married here. “The gods are smiling and I’m very optimistic,” says Vincent.

The Brick Lane Music Hall has earned its place at the heart of the local community. Vincent organises the annual Royal British Legion and Remembrance Sunday parades and helps Tollgate School produce an end-of-year show. “It’s a real bonding exercise and we’re very proud of our successes in the community,” he says. “I want people to feel they can come and

knock on the door and have a cup of tea.”

Vincent is keen to pass on his enthusiasm for music hall to the next generation. “Music hall might seem like a load of old songs so my job is to make it appear fresh and I won’t get complacent. I’m enhancing the show all the time so younger people, especially, are blown away when they come here.

“This is the last music hall of its kind left in the country but it’s also the future because I hope other people are inspired by what I’m doing.”

Getting there: Brick Lane Music Hall, 443 North Woolwich Road, Silvertown E16 2DR
www.bricklanemusichall.co.uk

DLR: Pontoon Dock

Bus: 474 to Thames Barrier Park



Breathe easy and look after your lungs

Our lungs supply oxygen to the whole body and remove toxins to prevent illness. Keeping them in top condition is vital for good health.

Exercise and eating well for healthy lungs

Keeping active minimises age-related muscle loss - people with greater muscle mass have better lung function

Carotenoids from carrots and spinach supply antioxidants to protect against free radicals (pollutants)

Vitamin C from citrus fruits and tomatoes boosts lung function

Vitamin E (from mango and wholegrains) is an antioxidant which improves immunity and may reduce lung cancer risk

Omega-3 fats, from leafy veg and oily fish, limit the body's production of the substance that causes narrowing of the airways

Low fat foods help maintain a healthy weight (asthma is linked to weight gain)

Help for Newham residents with breathing problems

Newham University Hospital NHS Trust (NUHT) offers services in the community and at the hospital to provide the best care possible for residents with breathing difficulties:

The Chest Clinic at the Shrewsbury Road Centre in East Ham sees patients who are referred from their GP or hospital and require specialist care for breathing problems. The clinic opens daily and offers a variety of breathing and lung capacity tests, medication and inhalers, x-rays and tuberculosis (TB) testing. The TB service offers a walk-in and wait clinic from Monday to Friday.

REDS (Respiratory Early Discharge Service) is a nurse-led team providing a supported discharge service to patients

admitted to Newham General Hospital with chronic obstructive pulmonary disease (COPD). Through the early discharge and home care scheme, the REDS team help reduce a patient's stay in hospital and provide the care and support needed to help them get back to normal.

Patient Eddie Stock, who was admitted to hospital with breathing difficulties in 2003, said: "Since I was taken to the hospital the treatment I've received has been excellent. The doctors, nurses, physiotherapists – who had me on my feet days after I thought that my life was over – and the follow-up visits to the chest clinic were all great.

"Now I speak to other patients who are going through the same problems. I boost their morale as, with the help of the chest clinic, and by doing the exercises I was shown, I still manage to live a full life."



Common lung illnesses

Bronchitis inflames the lining of the air tubes of the lungs, causing a persistent cough, sputum, chest pain and fever. Healthy people with a cold or flu can develop acute bronchitis which clears up quickly. Smokers can develop chronic bronchitis (recurring bouts of wheezing and airway obstruction). Healthy living and avoiding smoking and polluted atmospheres can help prevent chronic bronchitis.

Flu is a disease of the lungs spread by viruses. It causes high temperature, aches and nausea, coughing, sneezing and tiredness. Having the flu jab in October or November and washing hands and covering your mouth when sneezing or coughing can prevent flu spreading.

Pneumococcal infection is caused by bacteria and can lead to pneumonia, blood poisoning and meningitis. Those at

greatest risk include young children and the over-65s, people with heart, kidney or liver disease, a suppressed immune system, insulin-dependent diabetes or lung diseases such as cystic fibrosis or asthma. Having the pneumo jab can prevent infection.

TB (Tuberculosis) causes fever, fatigue, night sweats, loss of appetite and weight, a persistent cough and blood-streaked phlegm. It's spread through coughing and sneezing. The TB germ can lie dormant for years. A simple skin test confirms infection.

COPD (Chronic Obstructive

Pulmonary Disease) covers a range of long-term, incurable lung diseases including bronchitis and emphysema. They cause narrowed airways and permanent lung damage making breathing and normal activities difficult. Smoking is the main cause of COPD. Quitting slows down the progression of the disease.

Lung cancer kills more 36,000 people in the UK each year. Those at greatest risk include smokers and non-smokers living with a smoker, and the over-60s. Stopping smoking, and avoiding smoky environments can cut your risk.

Asthma causes the tubes that carry air in and out of your lungs to narrow. It can be severe but is usually controlled with inhaled steroids and by avoiding triggers such as dust mites.

For information about Newham's Stop Smoking Service, visit www.newhampct.nhs.uk/stopsmiting/ or call 0800 013 1673

Contact the Chest Clinic and the REDS team on 020 8586 5221

For information about getting the flu or pneumo jab, speak to your GP

Inspired by late husband to support other sufferers

A lack of support when her husband was dying from asbestos-related cancer spurred on Eileen Beadle to set up a support group for other sufferers and their families. She will launch East London Mesothelioma Support (ELMS) at the House of Commons on 26 November with the backing of East Ham MPs Stephen Timms and Lyn Brown and Newham Mayor Sir Robin Wales.

Eileen's husband Ray was taken ill in August 2005 and diagnosed with mesothelioma – terminal cancer caused by exposure to asbestos – just two months later. He passed away in September 2006 following an 11-month battle with the disease, which he contracted while working for British Rail in Stratford. He was just 54.

"When we received the diagnosis we felt extremely lost and isolated and bereft of any support," says Eileen. "We eventually did receive support from a dedicated Macmillan nurse from the community team at St Joseph's Hospice in early 2006, but the period in between was extremely distressing for both my husband and I.

"My husband received medical support but it was the emotional support that was really lacking. I would really have liked to have had the opportunity to pick up the phone and speak to someone who really understood what we were going through."

Eileen scoured the internet for support but found very little locally. This spurred her on to set up ELMS.

"I feel very strongly about the lack of support in the East London area especially as East London has one of the highest incidences of Mesothelioma in the UK," says Eileen. "I have set up a support service and information network for this area, particularly focusing on Newham, Tower Hamlets and Hackney.

"I started researching the proposed start-up of such a group in February this year and have had many meetings with doctors, nurses, MPs and other support groups. I've also attended training run by Macmillan Cancer Support and received financial donations from Macmillan and businesses."

Mayor of Newham Sir Robin Wales is backing the new group. He said: "It's a sad reality that East London – including Newham – has one of the highest rates

of mesothelioma in the UK and the fact that there is little or no assistance for families who suffer from the disease is unacceptable.

"I am in complete support of Eileen and the inspirational work she has done, and my heart goes out to her and all the families who are affected. It was announced during the Queen's Speech recently that a scheme is to be set up to pay a lump sum to people suffering from mesothelioma. I hope that this, together with East London Mesothelioma Support, will ease some of the stress that people go through."

Eileen has applied for one of the council's Go For It grants for funding.



Mesothelioma- the facts

- Someone dies every five hours from mesothelioma in the UK
- There are 33 per cent more deaths from mesothelioma than from cervical cancer
- The lethal effects of asbestos led to its use being banned in the 1980s but a generation of people exposed to it are still expected to develop mesothelioma
- It is predicted that at least 2,000 people will die each year in the UK as a direct result of being exposed to asbestos at some time in their life. This figure could rise to 10,000 by 2020
- The number of people being diagnosed yearly is increasing and not expected to decline until at least 2015
- East London has one of the highest incidences of the disease in the UK

East London Mesothelioma Support (ELMS)

The new service aims to provide confidential advice, care and support for anyone affected by mesothelioma or asbestos-related disease.

ELMS held its first informal public meeting on 13 July in Stratford. The high profile launch of ELMS will take place at the House of Commons on 26 November. If you're interested in attending, please call Eileen on 020 7476 3180 or 07960 222997.

ELMS can provide:

- Freephone evening helpline
- Someone to talk to who understands what you are going through
- Advice/guidance on state benefits associated with asbestos disease
- Practical assistance with the completion of forms
- Introduction to specialist solicitors
- Support groups (if there is demand)

ELMS c/o 2 Oban Close, Plaistow E13 8SJ

0800 8766 773 www.elms-group.co.uk info@elms-group.co.uk

Eileen Beadle has been inspired to set up a support group by her late husband's battle with mesothelioma



Remembering those who have

Representatives of Newham Council attended Remembrance Sunday services across the borough in honour of those who have died in conflict.

Mayor Sir Robin Wales and interim chief executive Chris Wood joined the procession from Newham Town Hall to Central Park in High Street South, East Ham, where a service was held at the cenotaph. It was conducted by the Royal British Legion padre the Rev Peter Turner and included a two-gun volley at 11am to mark the beginning and end of two minutes silence.

Deputy Mayor Councillor Christine Bowden and assistant chief executive Martin Lewis attended the service at St Luke's Church in Tarling Road, Canning Town. And Civic Ambassador Councillor Omana Gangadharan was at All Saints West Ham Parish Church, Church Street, Stratford, alongside the council's interim director of children and young people's services, Liz Graham.

Deputy Civic Ambassador Councillor Akbar Chaudhary and executive director of the Newham Unit for the 2012 Games Norman Turner, went to the service at

St Mark's Memorial in Factory Road, Silvertown, for a service. It followed a parade from the Royal British Legion base in Constance Street.

Sir Robin said: "Thousands of men and women from around the UK put their lives at risk to fight for their country's causes and sadly some are killed in the line of duty.

"It is very important that we pay homage to them and those from generations past who have died defending others. Their bravery is to be admired and respected. We must never forget what they have done for us."



Images from the parade and service in East Ham

made **the ultimate sacrifice**



Olympic Stadium **unveiled**

The plans for the main stadium at the Olympic Park have been unveiled, showing an innovative and unique design that will provide a venue useful well beyond the games.

The 80,000-seat stadium will be the centrepiece for the 2012 Games, hosting the opening and closing ceremonies and the athletics events. It will then convert down to a 25,000-seat permanent stadium

after the Games when it will become a new home for other sporting, community and educational uses.

The design features a stadium bowl holding the 25,000 permanent seats, surrounded by 55,000 temporary seats that will be taken away after the Games. It will be a sustainable and vibrant facility, attracting other businesses and investment and acting as a hub for the

communities living in and around the Olympic Park.

Mayor of Newham, Sir Robin Wales, said: "We're pleased to see the latest plans for the main stadium and I look forward to hearing more about the benefits to local people after the games.

"My main concern has always been its longer term viability and the balance between community and other uses.



"We will continue to work with the Olympic Delivery Authority to help develop its understanding of the needs of the community and the potential uses for the stadium after the Games."

The site in Stratford where the stadium will be built has already started the transformation to a world-class sports venue and 28 out of 33 buildings have already been demolished. Ground levels have been evened and over the next few months around 600,000 tonnes of soil will be taken away to help create the construction platform for the stadium. The stadium will be built by summer 2011, leaving time for test events to take place before the Games.

The main features of the design are:

- **Bowl** – a sunken bowl built into the ground for the field of play and lower permanent seating, designed to bring spectators close to the action
- **Seats** – 25,000 permanent 55,000 temporary
- **Roof** – a cable supported roof will stretch 28 metres the whole way around the stadium, providing cover for two thirds of spectators
- **Wrap** – a fabric curtain will wrap around the stadium structure, acting as additional protection and shelter for spectators
- **Pods** – facilities such as catering and

merchandising will be grouped into self-contained 'pod' structures, adding to the spectator experience around the access level of the Stadium.





WIN! tickets to see Enchanted at Stratford Picturehouse

Stratford Picturehouse is proud to be hosting three films for this year's London Children's Film Festival, including a gala preview of Enchanted (PG), a hilarious Disney creation that looks at the life of princess Giselle after the wicked queen banishes her from her fairytale lifestyle to 21st Century New York. To celebrate the event there will be a Disney fancy dress competition and performances of Disney songs.

We have two family tickets to give away to the special screening of Enchanted on Thursday 22 November at 6.30pm. We also have goodie bags packed full of enchanted merchandise to give away to eight lucky runners up. To be in with a chance of winning, send your name and phone number to The Newham Mag, Newham Town Hall, East Ham E6 2RP or email newham.mag@newham.gov.uk

Other films on offer include The Red Jacket (U) and Air Buddies (U). Visit www.picturehouses.co.uk for more details.

Do you look after someone who is ill, frail or disabled?

Newham Carers' Network invite you to the
Newham Carers' Rights and Information Day

Friday 7 December 2007

11.00am – 3.00pm

East Ham Town Hall, Barking Road, E6

Get advice about
benefits for carers

Find out about your
rights to flexible working

Relaxation therapies
and health checks

Free refreshments

Information on the new
Emergency Support Scheme



Win a cooking lesson with Caribbean Scene's award-winning chef

A celebration of Caribbean cuisine and culture, Caribbean Scene at Royal Victoria Dock, Newham, is the place to enjoy an unforgettable dining experience.

Try exquisite, authentic, contemporary dishes sourced from and inspired by the Caribbean. Watch the theatre kitchen, led by chef Anthony Cumberbatch (formerly of The Ivy) with delicious cocktails, aromatic rum, live music and a friendly relaxed atmosphere.

You could win an exclusive chance to prepare and cook your own meal with Anthony himself. All you have to do is answer the following question:

Where is Caribbean Scene located?

Email your answer with your name and telephone number to
competition@restaurantguides.co.uk



PLUS get **15 per cent off your bill** at the following restaurants, Monday to Thursday, on presentation of this page. Or book by phone quoting 'Taste Newham'.

Caribbean Scene, 17 Western Gateway E16 1AQ
www.restaurantguides.co.uk/restaurants/caribbeanscene/ Tel: 0845 345 1723

King Edward VII, 47 Broadway, Stratford
www.restaurantguides.co.uk/restaurants/kingeddie/ Tel: 0845 345 1723

Savour Flavour Café, 110 Woodgrange Road, Forest Gate Tel: 020 8534 4068

Counselling Training

(Children and Adolescents)

Certificate, Diploma and BSc

- Evening training course commencing in January 2008*

- New East London venue

WHCM Counselling Forrest in Plaistow

*subject to approval

Contact: training@whcm.org.uk
or call Joan Bradshaw on 01245 264348



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WORKING IN PARTNERSHIP

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London Hotel & Tourism School

ENROL NOW

NEW "WINTER SCHOOLS"

Intensive short courses this December:

- Event Management
- Sports Event Management
- Hotel Operations
- Tourism Operations
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Start 3 Dec | 6 days | Fees from £675

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or workers**

Ph 0208 221 0050
www.hteschools.com

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Newham's Professional Development Centre

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- some with wheelchair access
- £102 to £192 per day
- off street parking, 120 spaces
- Café
- Media Services

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availability and prices.*

Contact Dawn Bowyer
on **0208 430 5934**
dawn.bowyer@newham.gov.uk



After working closely with residents to find out what matters most to them, councillors have come up with more than 40 projects aimed at making Newham a bright and welcoming place to be.

The Mayor has committed £500,000 for these local projects to be delivered across the borough.

They range from tackling environmental crime in Plaistow and Green Street to giving worn-out street signs and peeling lamp posts a fresh lick of paint in parts of East Ham and Forest Gate.

"All of the projects have come about from councillors working with and listening to local

residents and responding directly to their needs," says Councillor Richard Crawford, executive adviser for Community Forums.

In Forest Gate, councillors worked with residents to improve the streets. Community Lead Councillor Kay Scoresby says: "It is really satisfying for the councillors to be able to brighten up the area. It looks so much better. A big thank you to all the residents who helped. A clean-up of other parts of Forest Gate is planned in the spring."

Green-fingered residents in the East Ham Community Forum area approached councillors with the idea for a Greener Gardens project. It will kick off with a

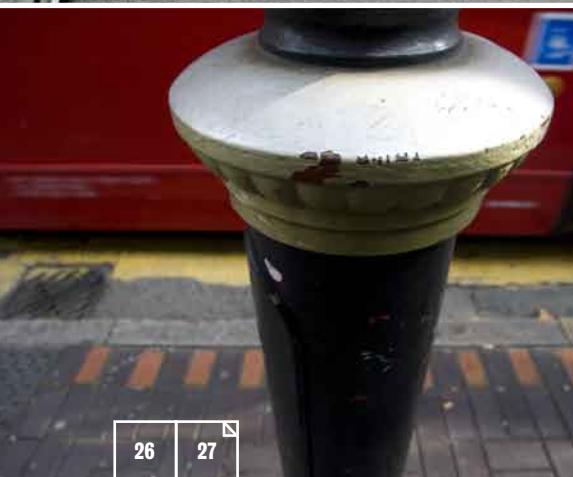
community clean-up day on 8 December. The scheme will see trees planted in local roads and schools and anyone who signs up to improve their front garden will be in with a chance of winning a free hanging basket or window box.

Also keen to smarten up their area, residents in Royal Docks were thrilled to see the refurbishment of a street hut get underway recently after asking councillors to turn the building into a meeting point for local groups. "The improvements will mean that the local tenants and residents' association (TRA) as well as other groups will be able to enjoy this improved and much needed

Councillors take action!



Cllr Lakmini Shah gets stuck in painting a lamp post



facility," says Community Lead Councillor for Beckton and Royal Docks, Pat Murphy.

With parking issues high on the agenda in Manor Park, councillors have pushed for much needed short-stay parking bays to be introduced in the Romford Road area. In the New Year, changes will also be made to the bus lanes to enable other vehicles to use them at off-peak times. "These changes should help alleviate the bad congestion and parking issues and make a real difference for residents and users," says Cllr Ayub Korom Ali, community lead councillor for Manor Park.

Meanwhile, councillors in Plaistow are working with the police Safer

Neighbourhoods Team to set up a pilot rapid response team, employing officers for extra hours to tackle environmental crime and anti-social behaviour head on. Councillors themselves will be able to direct the teams to known 'hotspots'.

Zulfiqar Ali, Community Lead Councillor for Plaistow, says: "Anti-social behaviour and environmental crimes are a serious problem in Plaistow. These pilot projects reflect the feelings and priorities of local residents. The additional resources and time will help to really crack down on unacceptable behaviour and make Plaistow residents feel safer and proud of their own neighbourhood."

Look out for more projects your councillors will be involved in over the next couple of months.

To talk to your local councillor about issues in your area, visit www.newham.gov.uk/yourcouncillor or call 020 8430 2000.

Local councillors are rolling up their sleeves and getting stuck into several projects designed to make life in the borough better, safer and cleaner.



NEWHAM » IN FOCUS



PLANT FOR LIFE

People across Newham have jumped at the opportunity to do one thing for their local environment at the Community Forum Plant for Life events.

Throughout November and December there will be more chances to get involved in the planting activities in Newham's parks. Check out the What's On section of the magazine to find out more. Plus in the next issue of The Newham Mag read about the **MANOR PARK** Community Forum Plant for Life event and the BBC Tree Party.



TAKE PART IN GREEN STREET'S MAGICAL MUSICAL

GREEN STREET is getting excited about its first community musical which will tell the tales of local people.

Residents have shared their stories and the script is being written ready for the show in March 2008.

But now is your chance to get involved and be creative with workshops in dancing, singing, set design and more!

If you live or work in the Green Street Community Forum area this is your chance to take part, either on stage or behind the scenes.

There's a series of workshops between now and Christmas where you can learn some new skills in a fun way and contribute to your local musical. People of all ages and levels of experience are welcome so come along and join in the fun.

To find out more about the Green Street Community Forum Musical contact Sara Samson on 07971 226 103.

it's your borough
play your part

NEWHAM COMMUNITY FORUMS

Snow and snuggles at Discover

Discover, the children's story making centre based in **STRATFORD**, invites you to take a walk in its fabulous winter wonderland.

Children and adults can explore a frozen forest complete with glittering icicles, an igloo and mysterious fairytale house. Snuggle into a giant bed, and listen to a traditional winter story.

Snow and Snuggles runs from 27 November until 27 January and is aimed at three-to-six year-olds and their families.

DISCOVER
1 Bridge Terrace,
Stratford E15 4BG
020 8536 5555
www.discover.org

WORKSHOPS:

Behind the scenes – learn about making a set
Tuesday 27 November, 6.30-9pm
Katherine Road Community Centre,
254 Katherine Road, Forest Gate E7 8PN
Nearest tube - Upton Park
Buses 238, 325, 376

Be a star – singing and dancing workshop for beginners
Sunday 2 December, 2-5pm
The Priory Centre,
106 Parr Road E6 1QH
Nearest tube - Upton Park
Buses 5, 58, 104,
115, 147, 376

Carers' rights and information Day

Are you a carer? Do you look after someone who is ill, frail or disabled?

If the answer is yes, then a visit to the Newham Carers' Rights and Information Day on Friday 7 December at **EAST HAM** Town Hall, Barking Road, East Ham E6 2RP from 11am-3pm.

Information available on the day includes rights to flexible working, emergency support, benefits advice and help and services available for carers in the borough.

There will also be the chance to meet local councillors, have a health MOT and try out some relaxing alternative therapies.

For more information on the help available for carers contact CarersUK on freephone 0808 808 7777 or pick up the leaflet *Caring for someone? What benefits can you get?* at your nearest local service centre or library.



Want to attend a council meeting?

19 November: Standards Committee (6.30pm)

20 November: Children and Young People's Scrutiny Commission (7pm), Shaping Newham Scrutiny Commission (7pm)

21 November: Newham Partnership – Building and Active and Inclusive Community Local Action Partnership Board (2pm), Investment and Accounts Committee (6.30pm)

22 November: Newham Partnership – Health and Social Wellbeing Local Action Partnership Board (3pm)

27 November: Overview and Scrutiny Committee (7pm)

29 November: Mayoral Proceedings (10am)

30 November: Newham Partnership - Children and Young People Strategic Board (10am)

Further details are available at www.newham.gov.uk

NEWHAM GENERAL HOSPITAL WELCOMES VIEWS OF PATIENTS WITH LEARNING DIFFICULTIES

A group from *Newham People First* visited the A&E department at Newham General Hospital on 23 October to find out about more how the service works.

Newham People First works to promote good practice in service provision for people with learning disabilities and this visit gave an opportunity to start talking about how the services can best meet their needs.

Brian Stocker, from *Newham People First*, said: "There is some excellent work going on in the NHS, but sadly for many people with learning disabilities, often the NHS does not understand their needs."

"We are very happy to have had this chance to talk through our experiences, establish a dialogue and begin to work together to achieve common goals."

Andrew Frazer, A&E nurse consultant who organised the tour, said: "We are pleased to have provided an opportunity for this group to come inside our organisation, so they can see how we work and to give them a chance to influence how they are treated."



DRAMA HITS HOME DRUGS MESSAGE



"I HOPE THAT THE EXPERIENCE HAS MADE A LASTING IMPACT"

Young people were faced with a hard-hitting theatre production aimed at raising awareness of the problems of cannabis use.

Newham Youth Offending Team worked with Youth of Creative Arts, based at Little Ilford School in **MANOR PARK**, in putting together the play, *Pass the Zoot*.

Pass the Zoot looked at some of the issues surrounding cannabis use and why young people are increasingly using the substance on a regular basis. It highlighted issues such as peer pressure, positive role

models, rebellion, low self-esteem, debt and support. The 16-year-old actors all live in the borough.

Councillor Quintin Peppiatt, executive adviser for children and young people, said: "We always look at different ways to reduce re-offending by engaging with young people and challenging their behaviour and attitudes towards drugs and crime."

"The young people who took part in the theatre production were very keen to get involved and support each other in a positive way. I hope that the experience has made a lasting impact."

Shopping spree up for grabs

Look out on www.newham.gov.uk for a chance to win a Christmas Shopping Spree at Queens Market!

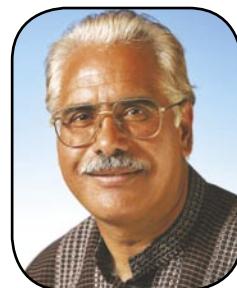


Andrew Frazer, A&E nurse consultant (in blue) showing the group from *People First* around the A&E department.



MAKING STROKE CONNECTIONS IN NEWHAM

In May this year Councillor Abdul Shakoor told readers about his stroke. Now he's inviting people in the borough who've had a stroke to join him in setting up a stroke club. The club will be run by its members with support from the NHS Integrated Stroke Service, Newham Council and voluntary sector organisations involved in the Making Stroke Connections programme.



A meeting to set up the club as an association will take place at 2pm on Wednesday 28 November at Katherine Road Community Centre, Katherine Road, **FOREST GATE E7 8PN**.

If you'd like to attend please contact Aysha Begum on 020 8548 9825. If you'd like to register an interest in becoming a member, contact Glen Bramley on 020 7363 9257.

There was plenty of dodging, bouncing, jumping and sprinting at the **EAST HAM** Funday on Saturday 27 October.

More than 450 people of all ages had a go at Olympic sports like football, volleyball, basketball, hockey, athletics, martial arts and trampolining at the free fun day hosted by the council.

Community Lead Councillor for East Ham Lakmini Shah said: "It was thrilling to see so many people taking part in different sports and having fun. Newham needs to get prepared for the 2012 Olympic Games and Paralympic Games and this is a fantastic start."

East Ham resident Fabiola Daring attended the event with her four children. She said: "I really enjoyed it and the children did too. All the activities were brilliant. The kids did trampolining, football, dancing, hockey and went on the bouncy castle and I had a go at salsa."

The event was also a chance for people to get information about the London 2012 Olympic Games and Paralympic Games, Newham Fit Club and Community Forums.

Health event rocks Royal Docks

Carrot juice is a new feature in Remi Baganza's diet since sampling the thirst-quenching drink at the **ROYAL DOCKS** Community Forum health and wellbeing event on Saturday 3 November.

The 27 year old was among 100 people who headed to St John's Community Centre for a healthy afternoon.

Remi tried several things on offer, from having a relaxing head massage and some reflexology, to checking her weight and body fat and sampling fresh foods and juices.

She said: "It was great for the council to organise an event to give people ideas about how to improve their health. There was a vibrant atmosphere and I felt really at home – there were many different people from different backgrounds and that's what Newham is all about."

Community Lead Councillor for Royal Docks, Patrick Murphy, said: "It was excellent to see so many local people taking an interest in their personal health and learning how to make some positive changes to their lifestyle."

Community Lead Councillor for Royal Docks Patrick Murphy checks out Darshana Lathigra's technique as she performs reflexology on Remi Baganza.



East Ham goes sports mad



Community Lead Councillor for East Ham Lakmini Shah helps Barbara Da-Silva and her grandson Imani Poba Da-Silva shoot some hoops.

Newham celebrates DOMINICAN INDEPENDENCE

Newham celebrated Dominica's national day on Saturday 3 November by flying the Dominican flag at the town hall.

Newham's Deputy Mayor, Councillor Christine Bowden joined Agnes Adonis, the Dominica Acting High Commissioner, fellow councillors and residents on the steps of the Town Hall in **EAST HAM** to mark the 29th anniversary of the nation's independence.

Councillor Bowden said: "We are proud that in Newham we have so many communities living and working together in harmony and we like to celebrate that diversity. We have a vibrant Dominican community who contributes to the economic and cultural landscape of the borough.

We are proud of them and their contribution to life in Newham."

During the celebration Dominica flags were waved and the national anthem was sung. There were refreshments served in the Town Hall.



Get involved in your active community team

In the previous issue of The Newham Mag there was a volunteer form for the new Community Forum active community teams. If you want to get more involved in your local area this is a great way to do it.

The role of the active community teams, led by the community lead councillors, will be to organise fun events and activities that help to address the priorities identified in the forum area.

If you live or work in the forum area, belong to a local not-for-profit organisation or faith group, or have an affinity with the community you can volunteer.

The closing date for submitting volunteer forms is 23 November. Forms are available at www.newham.gov.uk/communityforums and from Newham's libraries and local service centres.

To find out more call us on 020 8430 6000 or email community.forums@newham.gov.uk

it's your borough
play your part

NEWHAM COMMUNITY FORUMS

Stratford Station becomes a theatre stage

If you went through **STRATFORD** Station one evening between Wednesday 31 October and 10 November, you were being watched! This wasn't a new Newham Council surveillance plan, but instead the audience for a very unusual piece of theatre.

Somewhere on the platforms were the cast of Small Metal Objects, a specially created performance for busy train stations by Australian theatre company Back To Back Theatre, presented at Stratford Station as part of the Barbican Centre's Ozmosis festival.

The passing crowds became part of the drama and played a crucial part in the tense but funny exchange between the characters. Everyone was part of this story about little triumphs in big cities, just by being part of the crowd.

So if you were wondering why strangers wearing headphones applauded you for using the ticket barriers at Stratford Station, it was for being such a wonderful supporting cast!



Christmas down on the farm

Don't miss some great events happening at Newham City Farm this December. Learn all about fairtrade on Saturday 1 December, with fairtrade goods for sale, arts and crafts and horse and cart rides.

On Saturday 22 December join in with natural Christmas decoration workshops from 1-3.30pm.

Events are free and the animals will be looking forward to seeing you! Newham City Farm is located at Stansfeld Road, **BECKTON** E6 5LT.

To find out more call 020 7474 4960.



Councillors reach out to Tenant and Resident Associations

Plaistow councillors invited representatives from all the **PLAISTOW** Tenant and Resident Associations to join them at an informal lunchtime event at the Stratford Town Hall on Saturday 27 October.

The event was a move away from the formal meeting style and provided an opportunity for all residents and tenants to discuss their issues with the councillors in a relaxed setting.

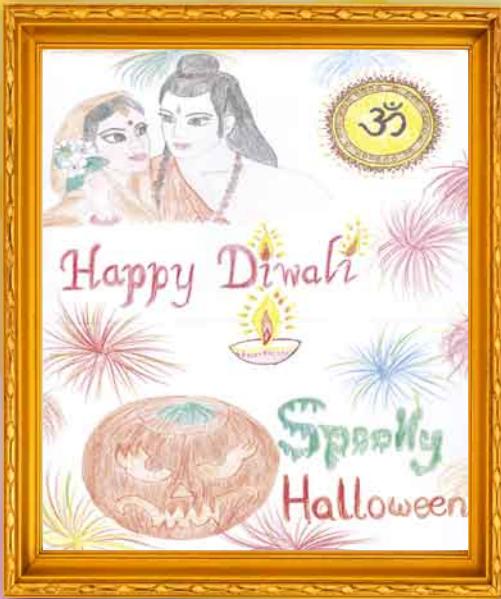
The event was the first to be held of its kind and those that attended said that they appreciated the opportunity to meet talk to councillors about the issues they face.

Kids' corner

Sudoku
answer

4	5	3	1	6	2
6	2	1	3	5	4
5	3	6	2	4	1
2	1	4	5	3	6
1	4	5	6	2	3
3	6	2	4	1	5

Gallery



Deepa Goswami, 10



Danielle Okwabi, 6



Fawzia, 6



Charley Kerr, 9

The Olympics by Ayesha Rahim, 11

O is for opportunities
L is for leadership
Y is for yearning
M is for my achievements
P is for participate
I is for immense
C is for co-operate
S is for soaring

Poem

PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
**KIDS' CORNER, NEWHAM TOWN
HALL, EAST HAM E6 2RP**

Sudoku

Fill in the grid so that every row,
column and coloured box contains
ALL the numbers from 1 to 6

4		3	1	2
		6	2	
	1			3
1				3
	6		1	

val.



Freedom to roam

More than a million Londoners enjoy the benefits of the Freedom Pass, which offers free travel on buses, tubes and trains throughout the capital for people over 60 and those with disabilities.

London's 32 borough councils, and the City of London, together spend more than £220m a year on the scheme, which is immensely popular.

Now there's more good news – from 1 April 2008, the Freedom Pass scheme will incorporate the Government's new national bus concessionary fares scheme, which means that most Freedom Pass holders will also be able to use their pass to travel free on buses outside London.

The additional benefit will apply to all holders of the over-60 Freedom Pass (the blue one), and most holders of the disabled people's Freedom Pass (the brown one). However, a minority of disabled Freedom Pass holders will not receive the extra benefit; this is because the eligibility criteria of the Government's new national scheme are not as generous

as that used by some boroughs when issuing Freedom Passes.

All Freedom Passes expire at the end of March and, as happens every two years, they will have to be renewed. Pass

holders will need to take their existing pass into a post office, where staff will apply a sticker with the new expiry date of 31 March 2010. The sticker will include the logo of the new national scheme.

Q&As

Q. I have a Freedom Pass and I've heard about this new scheme that gives free bus travel anywhere in the country. Do I need to apply for another pass to use outside London? No, the Freedom Pass is all you need.

Q. Will I lose any of the benefits I currently have with my Freedom Pass?

No, all existing benefits will be retained, and the vast majority of Freedom Pass holders will gain the extra benefit of being able to travel free on buses outside London (9.30am-11pm weekdays, all day weekends and public holidays).

Q. Will all Freedom Pass holders get this extra benefit?

Not all, but the vast majority will. Everyone over 60 will, and most disabled Freedom Pass holders will. The Transport Act 2000 sets out eligible disabilities for concessionary travel. Both the Freedom Pass and the new national bus scheme recognise these. However, some boroughs also issue Freedom Passes, to people with less severe disabilities. It is these disabled users who will not qualify for the free bus travel outside London.

For other queries, including how to renew or apply for a Freedom Pass for the first time, visit www.freedompass.org

WHAT'S ON?

17 NOV – 4 DEC

LIBRARIES

LIBRARY ADDRESSES

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063

Canning Town Barking Road, E16 4HQ. 020 7476 2696

Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565

East Ham High Street South, E6 6EL. 020 8430 3647

The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838

Green Street 337-341 Green Street, E13 9AR. 020 8472 4101

Manor Park Romford Road, E12 5JY. 020 8430 2207

North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900

Plaistow North Street, E13 9HL. 020 8472 0420

Stratford 3 The Grove, E15 1EL. 020 8430 6890 Archives and Local Studies: 020 8430 6881

UNDER 5s GROUPS

Storytelling – Stories, rhymes and crafts for children under five with their parents and carers.

Beckton Globe Every Friday 10-11am

Canning Town Every Monday 10.30-11.30am

Custom House Every Tuesday 10.30-11.30am

East Ham Every Wednesday 2-3pm

The Gate Every Friday 11am-12noon

Green Street Every Thursday 10.30-11.30am

Manor Park Every Thursday 10.30-11.30am

North Woolwich Every Friday 11am-12noon

Plaistow Every Tuesday 11am-12noon

Stratford Every Tuesday 11am-12noon and every Friday 2-3pm

Evening Storytelling

Stratford Thursday 29 November 6-7pm

Sunday Storytelling

Stratford Sunday 18 November 2-3pm

Little Readers – Open to children under five with their parents and carers.

Stratford Every Wednesday 1.30-2.30pm

Crafts Club – Open to children under five with their parents and carers.

Manor Park Every Tuesday 10.30-11.30am

Crafts & Computer Club – Open to children under five with their parents and carers.

Stratford Every Monday 10.30-11.30am

Toy Library – Open to children under five with their parents and carers.

Beckton Globe Every Monday 10am-12noon and every Thursday 1-3pm

East Ham Every Tuesday 10am-12noon and every Thursday 10am-12noon

Messy Play – Open to children under five with their parents and carers.

Beckton Every Tuesday during school term 1.30-2.30pm

Imaginative Play – Open to children under five with their parents and carers.

East Ham Every Friday 10.30-11.30am

ADULT READING

Adult Reading Group – Explore the pleasure of reading in a friendly environment.

East Ham Monday 19 November 6.15-7.45pm

The Gate Tuesday 4 December 6.30-7.30pm

Over 50s Reading Group – Explore the pleasure of reading in a friendly environment.

Beckton Tuesday 4 December 9.45-11.45am

OTHER GROUPS

Click-On – Free introduction to computers for the over 50s.

North Woolwich Friday 30 November 10am-12noon and 2-4pm

ICT Surgeries – Book an appointment and have your

computer related doubts solved!

East Ham Friday 23 November 10am-12noon and 2-4pm

The Gate Friday 23 November 10am-12noon and 2-4pm

Stratford Friday 23 November 10am-12noon and 2-4pm

Open Doors – Free computer training on disability access suite and software.

Canning Town Tuesday 20 November 10am-12noon

Over 50s Club – Enjoy a range of activities for the over 50s.

Beckton Every Tuesday 9.45-11.45am

Writer's Group – Discuss your work with other authors.

The Gate Tuesday 20 November 5.30-7.45pm

YOUNG PEOPLE

Homework Club –

Homework support and advice for young people aged seven to 14. School term only.

Beckton Every Tuesday 4-6pm

Canning Town Every Saturday 10am-12noon

Custom House Every Saturday 10am-12noon

East Ham Every Monday 4-6pm

The Gate Every Thursday 4-6pm

Green Street Every Tuesday 4-6pm

Manor Park Every Saturday 10am-12noon





North Woolwich Every Thursday 3.30-5.30pm
Plaistow Every Thursday 4-6pm
Stratford Every Monday 4-6pm
Children's Games Club
– Board games and activities for children aged five to 12.
Canning Town Thursdays 22 and 29 November 4-6pm
Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged eight to 13.
Custom House Every Tuesday 3.30-5.30pm
East Ham Every Tuesday 3.30-5.30pm
Manor Park Every Thursday 4-6pm
Teen Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged 12 to 16.
Beckton Every Monday and every Wednesday 3-5pm
Family Reading Group – A chance for children aged five to 11 and their families to read together and have fun.
The Gate Sunday 2 December 2.30-4pm
Teen Xtra Evenings – Free activities for young people aged 12 to 21.
The Gate Every Friday 6-8pm

ESTATE BASED SPORTS

Sessions are open to 12-18 year olds unless otherwise stated and are for all abilities. Sessions are FREE. For more

information call 020 8430 2484 or visit www.newham.com/2012Games

Athletics

Every Friday
4.30-6pm, 8-19 years
Drapers Field

Basketball

For ages 8-19 unless otherwise stated.

Leyton Orient Community Sports Programme (LOCSP)

Every Monday
4.30-6.30pm
Winsor Park
Every Monday
7-9pm
Froud Community Centre

Every Tuesday
5-7pm
Royal Victoria Gardens

Every Tuesday
7.30-9pm
Plaistow Park

Every Wednesday
5-7pm
Memorial Park

Every Wednesday
5-6:30pm
New Beckton Park

Every Thursday
4.30-6.30pm
Priory Park

Every Thursday
5.30-7.30pm
Barking Road Rec
Every Friday

5-6.45pm
Forest Gate Youth Centre
Every Friday
5-7pm
Lister Gardens Park

Newham All Stars Sports Academy (NASSA)
Term time only. For more information please contact Natasha Hart on 020 8519 3961.
Every Tuesday
4.30-6pm, girls 11-16 years
Sarah Bonnell School

Every Thursday
6-8pm, 12-16 years
Cumberland Sports College
Every Friday
4.15-5.30pm, 8-11 years
5.30-7.30pm, 12-16 years
Cumberland Sports College
Every Saturday
11am-1pm, 8-11 years
Sarah Bonnell School

Youngbloods Basketball Club

For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.

Every Tuesday
6-8pm, under-15s and under-14s
East Ham Leisure Centre
Every Tuesday
8-10pm, under-18 and under-16 boys
East Ham Leisure Centre
Every Tuesday

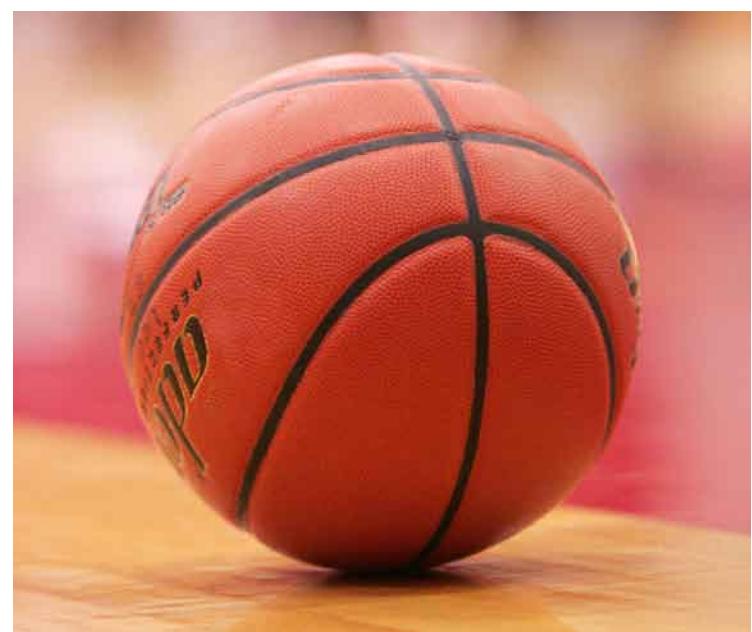
5.30-7.30pm, under-16s and under-15s
Newham Leisure Centre
Every Thursday
6-8pm, under-15 boys national league
Newham Leisure Centre
Every Saturday
1-3pm, under-13s and minis
East Ham Leisure Centre

Cricket

Every Thursday
5-7pm, 8-16 years
Newham Cricket Club
Langdon School
£1 per session
Every Tuesday
5.30-7pm, 8-19 years
Score Indoor Complex
Every Thursday
4.30-6pm, 8-19 years
Drapers Field

Football

Every Monday
6-8pm
Plaistow Park
Every Tuesday 5.30-7.30pm
Little Ilford Ball Cage
Every Tuesday
5-7pm
Stratford Park
Every Tuesday
5-7pm
Phoenix Cage
Every Wednesday
4.30-6.30pm
Royal Victoria Gardens
Every Wednesday





5-7pm, 8-19 years
Stratford Park
Every Wednesday
7.30-9.30pm, 16+ (£2 charge)
Score Complex
Every Thursday
5-7pm
Scud Park Ball Cage
Every Thursday
6-8pm
Forest Gate Youth Centre
Every Friday
4-5.30pm (term time only)
St John's Community Centre
Every Friday
6-8pm
Priory Park Ball Cage
Every Saturday
10-11.30am, 6-12 years
 (£3 charge)
Drapers Field
Every Saturday
2-4pm, 6-14 years (£3 charge)
Score Complex

Estates Football and

Basketball League

Every Monday
6-8pm, under 14s and under 17s
Score Complex Hard Court
Every Tuesday
5.30-7pm, under 12s
and under 14s
Drapers Field
Every Friday
6-8pm, under 14s and under
17s Leyton Manor Park

Football and Basketball

Every Monday
4.30-6.30pm
Winsor Park
Every Wednesday 5-7pm
New Beckton Park Ball Cage
Every Wednesday
4.30-6.30pm
Ford Park
Every Wednesday
6-8pm
Plashet Park
Every Thursday
4.30-6.30pm
Priory Park Ball Cage
Every Thursday
5.30-7.30pm
Barking Road Rec
Every Friday
5-7pm
Lister Gardens Park
Every Friday
5-7pm
Canning Town MUGA

Multi-Sports

Every Monday
5-7pm, 8-19 years
Langthorne Park
Every Monday
5-7pm, 8-19 years
Alma Street MUGA
Every Tuesday
4-5pm
Carpenters and Docklands
Centre (term time only)

Every Tuesday
5-7pm, 8-19 years
Stratford Park
Every Wednesday
4-5pm

Carpenters and Docklands
Centre (term time only)

Every Wednesday
5-7pm, 8-19 years
The CAGE (Chatsworth Active
Games Enclosure)

Every Wednesday
5-7pm
Stratford Park

Every Wednesday
4-6pm, 10-19 years
Cann Hall Park

Every Wednesday
5-7pm, 8-19 years
Major Road Ball Park

Every Thursday
5-7pm, 8-19 years
The CAGE

Toronto Avenue,
Manor Park E12 5JF
Langthorne Park
Off Leytonstone High
Road, E11
Leyton Manor Park
Off Capworth Street,
Leyton E10
Lister Gardens Park
Corner of Upper Road and
Florence Road, Plaistow E13
Little Ilford Ball Cage
Reynolds Avenue,
Manor Park E12
Major Road Ball Cage
Major Road, Stratford E15

Memorial Park
Memorial Avenue,
West Ham E15
New Beckton Park Ball Cage
Savage Gardens,
Beckton E6

Newham Leisure Centre
281 Prince Regent Lane,
Plaistow E13 8SD
Phoenix Cage

Milner Road, West Ham E13
Plaistow Park
Balaam Street, Plaistow E13

Plashet Park
Woodhouse Grove,
East Ham E7
Priory Park Ball Cage
William Morley Close, Upton
Park E13
Royal Victoria Gardens

Pier Road,
North Woolwich E16
Sarah Bonnell School
Deanery Road,
Stratford E15 4LP

Score Complex
100 Oliver Road
Leyton E10 5JY
Scud Park Ball Cage

Tant Avenue,
Canning Town E16
Stratford Park
Densham Road,
Stratford E15

St John's Community Centre
Albert Road,
North Woolwich E16
Winsor Park

Warwall,
Beckton E6

Venue Addresses

Alma Street MUGA
Alma Street, Stratford E15
Barking Road Rec
Burges Road, East Ham E6
The CAGE (Chatsworth Active
Games Enclosure)
Cruickshank Road,
Stratford E15
Can Hall Park
Off Can Hall Road, E11
Canning Town MUGA
Corner of Freemasons Road
and Sophia Road, E16
Carpenters and
Docklands Centre
98 Gibbins Road, Stratford
E15 2HU
Cumberland School
Sports College
Oban Close, Plaistow E13 8SJ
Drapers Field
Temple Mills Lane, off Leyton
High Road, E15
East Ham Leisure Centre
324 Barking Road,
East Ham E6 2RT
Ford Park
Canning Town, E16
Forest Gate Youth Centre
Woodgrange Road, E7
Froud Centre



OTHER EVENTS

Community Forum events

Beckton Community Forum Plant for Life event

Saturday 24 November, 12noon-3pm

Beckton District Park North, Tollgate Road, Beckton E6

Manor Park Community Forum planting event

Saturday 1 December, 10am-2pm

Little Ilford Park, Grantham Road, Manor Park E12

time, 9.30-11.30am
Flanders Community Centre

Yoga

Monday 1-3pm and 7.30-9.30pm
Friday 10.30am-12noon
Flanders Community Centre

Egyptian dance

Wednesday 9-10.30pm
Fridays 12noon-1.30pm
Flanders Community Centre

Bollywood dance

Tuesdays 5-6pm
Flanders Community Centre

Pensioners' Club

Wednesdays 1-4pm
Community Road
Community Centre

Darts Club

Tuesdays, 8.30pm
New teams welcome
Community Road
Community Centre

Theatre Royal Stratford East

Cinderella

Written by Trish Cooke and Robert Hyman
Directed by Kerry Michael
1 December -19 January
Famed for their home produced pantomimes that retain all the traditional splendours of the genre but also sprinkled with up-to-the-minute allusions, Theatre Royal presents its take on the classic tale. Set on the fairytale island of Guadalumpa, Cinderella promises to be a colourful cocktail of hilarity, wonder and romance.
Times: Evenings at 7pm, school matinees at 10.15am

and 1.45pm, Saturday and holiday matinees at 3pm

Theatre Royal Stratford East, Gerry Raffles Square, Stratford E15 1BN
Box Office: 020 8534 0310
www.stratfordeast.com

Community Centre Addresses

There are lots of free activities and groups in community centres. Call your local centre to find out more.

Beckton Community Centre
14 East Manor Way,
Beckton E6 5NG

020 7511 1214
Chandos Community Centre
Colegrave Road E15 1ED

020 8534 0140
Chatsworth Community Centre
Chatsworth Road, E15 1SP
020 8555 4477
Community Road Community Centre
Community Road Stratford E15 1JT

020 8534 0664
Cundy Community Centre
Hartington Road E16 3NP

020 7474 6056
Field Community Centre
147 Station Road,
Forest Gate E7 0AE

020 8536 2800
Hathaway Community Centre
Hathaway Crescent, Manor Park E12 6LR

020 8548 4980
Hibiscus Community Centre
Buckingham Road E15 1SP

020 8519 6159
Jack Cornwell Community Centre
Jack Cornwell Street, Manor Park E12 5NN
020 8553 3270
Katherine Road Community Centre

254 Katherine Road, Forest Gate E7 8PN
020 8548 982
Plaistow Park Community Centre
Queens Road West, Plaistow E13 0PE
020 8552 1334

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.com/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Jen Bishop on 020 8430 2000 or email newham.mag@newham.gov.uk



Under 5s carer and toddler group

Every Tuesday during term



ROYAL DOCKS
COMMUNITY FORUM

CHRISTMAS FAIR



FREE
REFRESHMENTS
+
TOMBOLA
WITH GREAT
PRIZES

Saturday
1 December

1.30 – 4pm

St John's
Community
Centre,
Albert Road
E16 2JB

it's your borough
play your part

Join us for some festive fun.

Stock up with Christmas goodies from
the range of stalls and enjoy live music.

Take the kids to visit Santa's grotto
and receive a gift.

Make it a magical start to the Christmas season!

KICK OFF CHRISTMAS AT UPTON PARK.



SPECIAL XMAS LUNCH
£25 ADULTS
£16 KIDS

ON SATURDAY 1ST DECEMBER AND SUNDAY 9TH DECEMBER 2007
BRING YOUR KIDS AND JOIN US FOR A VERY SPECIAL CHRISTMAS LUNCH IN THE
BOBBY MOORE SUITE, OVERLOOKING THE FAMOUS BOLEYN GROUND PITCH.

THE FUN AND FESTIVITIES KICK OFF AT:
11AM ON SATURDAY 1ST DECEMBER AND 1PM ON SUNDAY 9TH

- * 3 COURSE FESTIVE CHRISTMAS LUNCH
- * LIVE AWAY GAMES SHOWN AGAINST:
CHELSEA ON 1ST DECEMBER AND BLACKBURN ON 9TH DECEMBER
- * SANTA'S GROTTO – ALL KIDS RECEIVE A £5 GIFT VOUCHER
- * SPECIAL STADIUM TOUR
- * CHRISTMAS NOVELTIES
- * £25 ADULT & £16 KIDS
(KIDS MUST BE UNDER 14)

Email christmasparties@westhamunited.co.uk
or call 020 8548 2704 for more details.

visit whufc.com

